

JANUARY YOGA INTENSIVE

TIMETABLE 2024

Fri

January 12

2 : 30 - 4: 30 pm Asana



Sat

January 13

6 : 15 - 7 :45 am A sana

3 :00 - 4:00 pm Rest / Pranayama



Sun

January 14

9 : 30 - 11: 30 am Asana

3 :00 - 4:00 pm Rest / Pranayama



Mon

January 15

6 : 30 - 8 : 30 am Asana

3 :00 - 4:00 pm Rest / Pranayama



Tues

January 16

6 : 30 - 8 :00 am Asana

